

# **Improving Participation of Non-Traditional Programs**

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**Access to Recovery Regional Technical  
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# **What are Recovery Support Services?**

- Services designed to help people in recovery and/or their family members and significant others
- Services that initiate and/or sustain recovery from alcohol and drug use disorders and related problems and consequences
- Through the provision of support

# **From Clinical Treatment to the Recovery Lens: A Paradigm Shift**

- Clinical treatment is part of recovery, which is the larger construct
- End point of treatment - absence of symptoms of clinical disorder
- End point of recovery - holistic health
- Recovery support services are grounded in a strength-based approach that focuses on wellness and full reengagement with the community
- Recovery support services build on capacities that already exist within communities

# **Examples of Recovery Support Services**

- Assistance in finding housing, educational, employment opportunities
- Assistance in building constructive family and personal relationships
- Life skills training
- Health and wellness activities
- Assistance managing systems (e.g., health care, criminal justice, child welfare)
- Alcohol- and drug-free social/recreational activities
- Spiritual/faith-based support

# **Rationale for Recovery Support Services**

- Research suggests that holistic, community-based support services enhance treatment outcomes (McLellan, 2003; Work Group on Substance Abuse Self-Help Organizations, 2003)
- Experience shows that ongoing community support is important to sustaining recovery (White, 2000; 2002)
- Lessons have been learned from mental health clients and HIV/AIDS peer communities
- Lessons learned and research document impact of over 65 years of 12-step groups (e.g., Work Group on Substance Abuse Self-Help Organizations, 2003)

# **Support and the Change Continuum**

- Motivation for lifestyle change exists along a continuum of readiness (Prochaska & DeClemente, 1994)
  - Pre-contemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance

# **Social Support and Recovery Support Services**

- Social support appears to be a potent factor in moving people along the change continuum (Hanna, 2002)
- Social support is correlated with numerous positive health outcomes, including reductions in drug and alcohol use (Cobb, 1976; Salser, 1998)
- Four types of social support can be distinguished:
  - Emotional
  - Informational
  - Instrumental
  - Companion
- Social support is one of the seven domains

# **Emotional Support**

- Demonstrations of empathy, care, concern, such as:
  - Mentoring
  - Coaching
  - Support groups



# **Informational Support**

- Assistance with knowledge, information, and skills, including:
  - Life skills training
  - Job skills training
  - Citizen restoration
  - Educational assistance
  - Health/wellness information

# **Instrumental Support**

- Concrete assistance in helping others get things done, such as:
  - Transportation to support groups
  - Child-care
  - Clothing
  - Job application assistance

# **Companion Support**

- Feeling connected to others...having a social group and/or community, in the forms of:
  - Alcohol and drug-free social and recreational events
  - Community and cultural events

# **Population-Specific Services**

- **Women**
- **Self-defined groups by culture, ethnicity, or religion**
- **Co-occurring disorders**
- **Ex-offenders**
- **Trauma survivors**
- **Families**

# **What to Look for in a Non-Traditional Provider**

- Recovery support activities clearly differentiated from professional treatment services
- Infrastructure to collect GPRA and other required data
- Protection of participants from harm
- Ethical framework in operation
- Program for recruiting, screening, training, and supervising peer volunteers
- Compliance with all grantee eligibility requirements
- Risk management strategy

# **Where to Find Non-Traditional Services**

- 30 RCSP grantees
- Faces and Voices of Recovery member organizations
- Oxford houses
- Recovery houses
- Halfway houses
- Communities That Care organizations
- NCADD local affiliates
- Salvation Army
- Other faith-based or community organizations

# **Where to Find Non-Traditional Services** (continued)

- Tribal housing authorities
- Vocational rehabilitation programs
- Tribal health and mental health clinics
- TANF
- Social services and child welfare programs
- Native traditional practices